

THE
IMPROVED
TURKISH BATH:

WHAT IS IT, WHO SHOULD TAKE IT, WHY,
WHEN, HOW, AND WHERE.

BY
E. P. MILLER, M. D.

PHYSICIAN TO THE NEW HYGIENIC INSTITUTION AND TURKISH BATH,
NO. 41, WEST TWENTY-SIXTH STREET, NEW YORK CITY.
AUTHOR OF "DYSPEPSIA : ITS VARIETIES, CAUSES, SYMPTOMS, AND TREATMENT BY
HYDROPATHY AND HYGIENE;" "HOW TO BATHE: A FAMILY GUIDE FOR THE
USE OF WATER IN PRESERVING HEALTH AND REMOVING DISEASE;"
"VITAL FORCE: HOW WASTED AND HOW PRESERVED;"
"A FATHER'S ADVICE: A BOOK FOR EVERY BOY;"
ETC. ETC. ETC.

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VITAL FORCE:

HOW WASTED AND HOW PRESERVED.

BY E. P. MILLER, M.D.

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THE IMPROVED TURKISH BATH.

HEALTH.

How to preserve health and remove disease is the great question of the age. Millions of money are annually spent in the pursuit of health, while the blind seekers fail to discover that "Open the pores of the skin and let out the impurities," is written by the very finger of God upon every human body.

The IMPROVED TURKISH BATH is the most effectual means yet devised by which this end may be accomplished. In health or disease this Bath goes far towards working out the physical salvation of those who adopt it.

Nearly all classes of medical authors and physicians recommend and use diaphoretic and sudorific medicines in most forms of disease. These substances are used to excite the skin to action, to reduce heat and fever, to relieve internal congestion, and to work out impurities from the body, all of which can be more safely, speedily, and agreeably accomplished by means of the Turkish Bath.

FATAL EFFECTS OF SUPPRESSED ACTION OF THE SKIN. Magendie, Foucault, and other French physiologists have made numerous experiments by coating rabbits, guinea-pigs, dogs, and other animals, with an impermeable varnish, pitch, or glue, by covering them with gilt, and by putting all but their heads into a caoutchouc dress, and in every case they soon died as if asphyxiated or suffocated, the heart and lungs being gorged with blood, and the temperature of the body falling sometimes 36° below the normal standard. The boy of Florence, whom Leo X. covered with gilt to represent the golden age, lived only a few hours after the gilding was applied. In these cases death is caused partly by excluding air from the body, but principally by arresting the excretory function of the skin, thus causing the poisons which are naturally thrown off by this organ, to be retained within.

Foucault's experiments also demonstrated the fact that a *partial* coating of the skin produces a great variety of diseases, and among them scrofula, paralysis, and consumption.

A large proportion of the impurities of the body are carried off by insensible perspiration. Most of the saline and organic matters that are removed thus, are deposited upon the surface, and when dry they form little flakes or scales which accumulate in such layers as to almost entirely close the pores and obstruct the action of the skin. The Improved Turkish Bath will remove these scales and accumulations more effectually than will any other form of bath; rolls of this matter, an eighth of an inch in diameter and more than an inch and a half in length, are often removed from the skin of the bather.

Dr. Thudicum of London says, "you can remove as much of the poisonous and effete matter from the body in one hour in the Turkish Bath as can be removed by any other means in twenty-four hours; and in a bath at 130° to 180° you can discharge from a pound to a pound and a half in an hour; a large proportion of this is water, but it is impregnated with those extraneous matters which, if allowed to remain, occasion disease." The escape of so much fluid produces thirst and the water drunk to allay it, immediately enters the blood, absorbs more of the impurities, and floods them out through the perspiratory vessels.

It matters not what is the nature of the poison, whether it be the effete and waste materials of the body, poisonous gases, miasms, alcoholic stimulants, impure food and drink, drugs, or other deleterious substances which contaminate the blood and derange the tissues, the Turkish Bath penetrates its most secret lurking-place, drags it forth, and pours it out of the system.

PERSPIRATION has been analyzed by eminent chemists, and found to contain water, chloride of sodium, lactic, butyric, acetic, and carbonic acids, chloride of potassium, lactates and acetates of potash and soda, phosphates of lime and ammonia, peroxide of iron, urea, desquamative epithelium, and alcoholic matters. In various diseased conditions it contains bile, sugar, urate of soda, albumen, and different acids, with other substances which cause disease. Dr. Stark of London found sulphur, mercury, sodium, iodide of potassium, assafoetida, garlic, saffron, olive oil, rhubarb, indigo, copper, quinine, and the different alkalies and acid salts; in short, almost every drug used as a medicine, when such substances had been taken.

Dr. Stille, in his large work on *Materia Medica*, says, "the skin is the principal outlet of effete matters which are derived from various and probably from many organs, and which become the cause of disease when retained in the blood. Of this fact, indeed, we have the direct evidence of the senses, for, in disease, the perspiration acquires various odors, sour or fetid; the smell of garlie, musk, amber, assafœtida, onions, etc., is often present, and the emanations frequently become glutinous or greasy, and occasionally assume different colors." The Author has, in his own practice, frequently detected upon the linen used for wet bandages, compresses, packs, and other appliances, the odor of sulphur, iodine, etc.

By perspiration, sensible or insensible, the temperature of the body is regulated. In all fevers the skin fails to perform its function, becomes hot and dry, and the temperature of the body is, consequently, raised much above the natural standard; many forms of fever are overcome when perspiration is reëstablished.

WHAT IS THE TURKISH BATH?—The Improved Turkish Bath is really a combination of a hot and cool air bath, the warm and cool water bath, the movement-cure, friction-cure, magnetism, and electricity, and it produces all the good effects of the Russian vapor bath, lamp bath, sulphur bath, mercurial bath, wet sheet pack, and almost every form of general bath, and in most cases it is far superior to any or all of these, for the purpose of preserving health or removing disease.

For the benefit of the uninitiated it may be well to state that the Bath comprises several different rooms or compartments. First, the Office where the name is registered, ticket procured, and valuables deposited. Next, the *Frigidarium* or cooling room; the bather is here shown to one of the numerous dressing rooms where

he divests himself of clothing and assumes the bath apparel. Being now prepared, he is taken into the first warm room called the Tepidarium, where is maintained a temperature of from 110° to 130° ; here he sits or lies at pleasure upon a reclining chair or couch, drinking occasionally of cool, soft water, or of hot water if the condition requires, until perspiration begins. He then proceeds to the Suditorium or hot room where the temperature is from 140° to 160° . Here the perspiration soon becomes profuse and is loaded with the impurities of the body.

After perspiration is freely established he passes into the Shampooing-room; a little warm or tepid water is here thrown over him to remove the perspiration, and he reclines upon a marble couch to receive the shampooing. This consists in gently rubbing, squeezing, pressing, pulling, twisting, stretching, and working all the muscles, joints, and tissues of the body; by this means the circulation of the blood is increased, especially at the surface, and all stiffness of joints, soreness of muscles, and pains of every kind, are removed. After this the friction glove or brush is employed, which removes the dead epidermis, or scales that have accumulated upon the skin. When the entire body has been thus cleansed, a little tepid water is dashed over the bather, and a soft, foamy lather of perfumed soap applied, which is soon washed off and with it any impurities that may have remained after the manipulations.

Now begins the cooling process; a tepid spray or other bath is applied, which is gradually made cooler, as is agreeable. Following this, those who like may take either the shower, the needle bath, the wave, or the plunge, as they prefer. They are then dried with towels and if the least chilliness occurs they step for a minute or two into the hot room, and thence to the

Cooling-room where they either recline wrapped in a blanket, or walk about covered by a sheet, thus exposing the body to the cool, fresh air, and allowing the absorbents to take up oxygen. When the body is cooled to about its normal temperature the clothing is resumed and the bather may go at pleasure.

The sensations experienced while reclining in the cooling-rooms or walking about breathing the vital air at every pore, are those of ease, comfort, freedom, and enjoyment; the body is relieved from a great burden; the blood has been made purer, and it circulates more evenly; the brain is freer, the thoughts clearer, the skin softer, firmer, and more magnetic, the countenance more rosy and healthful, the eyes brighter, and all the senses more acute, while the appetite is such as to lead one to do ample justice to a wholesome meal, and the digestive organs are in a condition to make therefrom a better quality of blood than was carried to the bath.

BENEFITS OF SHAMPOOING.—The rubbing and manipulations in the shampooing-room, when properly performed, are of the greatest service. The magnetism of the operator imparts strength and vigor to the bather. The friction of the moist skin in the warm air is fully equal in effect to the results produced by the most celebrated rubbing or friction curers. The twisting, pulling, kneading, and stretching, produce many of the benefits of the Swedish Movement-cure, and all the exercises of the shampooing tend to develop a large amount of electricity which the bather retains and carries away with him.

ORIGIN OF THE TURKISH BATH.—The Turkish Bath originated among the Phœnecians more than three thousand years ago. It was subsequently adopted by

the Greeks and by them greatly improved. The Romans, after their conquest of Greece, made this bath a prominent institution in their own empire.

In modern Rome extensive ruins of these baths are still seen. Gold, silver, the most costly marble, the finest mosaic, all that wealth, science, and art, could bestow, was lavished upon them. It is said that the baths of Caracalla would accommodate eighteen thousand bathers at once. The Goths and Vandals, in hatred of the Romans, destroyed these baths wherever found.

The Emperor Constantine introduced these baths among the Turks at Constantinople and by this people they have been preserved to the present time.

The Author while in Constantinople in 1869 visited baths still in use, that had been in existence more than eight hundred years, and was told that there were upwards of one hundred in the city. They are resorted to by a majority of the people and their effects are apparent in the wonderful muscular developement and vigorous constitution of the Turks.

The Mohammedan, the Arab, the Egyptian, the Chinese, the Japanese, the Liberian, the African, the Indian, and in fact the people of almost every country and clime, have devised some form of bath to induce perspiration, but thus far the Improved Turkish Bath stands without an equal.

EFFECTS OF THE BATH.—What effects are produced by the Turkish Bath upon well people and upon invalids, is the all-important question. To answer this in one sentence we would say, the general good effects which can be produced by any and all other forms of bath.

These may be enumerated as follows:

First: It cleanses the skin and opens the pores.

Second: It equalizes the circulation of the blood and relieves internal congestion.

Third: It preserves health and prevents disease.

Fourth: It purifies the blood by removing the impurities and poisons which have accumulated in the fluids and tissues of the body; and by removing these causes of disease it necessarily improves the health.

Fifth: It promotes the pleasure, comfort, and enjoyment of the bather during the bath and after its application.

Sixth: By establishing more healthful conditions of body, it increases the power of the mind, aids in developing thought, strengthens the intellect, removes morbid sensations, harmonizes the nervous system, enhances the beauty, and tends in every respect to renovate and improve the whole man.

SUPERIORITY OF THE IMPROVED TURKISH BATH OVER ALL OTHER FORMS OF BATH.—Whoever resorts to any bath does it to produce one or more of the before named effects; and while we would not be considered as disparaging other forms of bath when this cannot be obtained, we shall yet endeavor to prove the superiority of this "Queen of Baths."

The Turkish is superior to the vapor bath for the following reasons. The *atmosphere* is the proper element for a man to live in, to breathe, to bring in contact with the delicate membranes of the lungs; it is the proper agent for conveying oxygen to the blood and removing carbonic acid from it, and for surrounding the body and coming in contact with it. Vapor and steam are not the proper elements for these purposes. A dry climate is more healthful than a moist one. Far greater extremes of temperature can be endured in a dry than in a moist atmosphere. Sunstroke seldom occurs in

California though the temperature may range for days from 10° to 12° higher than in New York where from twenty to fifty deaths a day sometimes occur from this cause. The inhabitants of St. Paul suffer less with cold with the mercury 20° below zero than do the people of New York with the temperature at zero. The former has a dry, the latter a moist, atmosphere.

The reason why extremes of heat and cold can be better borne in a dry than a moist atmosphere is, in a dry atmosphere perspiration is invited, and by means of this the temperature of the body is regulated and equalized—when there is much moisture in the air, perspiration, both sensible and insensible, is materially checked and the temperature of the body consequently raised.

Persons in a vapor bath often imagine they are perspiring freely when it is simply the condensation of steam upon the surface of the body.

Dr. Dalton, in his physiology, says, "So long as the air is dry so that evaporation from the surface can go on rapidly a very elevated temperature can be borne with impunity; but if the air be saturated with moisture and evaporation from the skin in this way retarded, the body soon becomes unnaturally warm, and if the exposure be long continued death results." Magendie and others have shown that "animals confined in a dry atmosphere suffer but little inconvenience even when the temperature is much above that of their own bodies; but as soon as the atmosphere is loaded with moisture the blood becomes heated and the animal dies."

This explains why bathers in the Russian or vapor bath can remain in only a few minutes without a feeling of suffocation, and are compelled to resort to cool water to reduce the temperature of the body, while in the Turkish Bath free perspiration being induced the

bather is enabled to remain a much longer time and of course a much larger amount of effete matter may thus be removed from the system.

The vapor, lamp, and Russian, are all modifications of the same bath. The lamp bath, besides the objection urged against all vapor baths, is still further objectionable because the smoke, carbonic oxides, and other products of combustion, come directly in contact with the skin.

Sulphur baths are largely patronized for the removal of rheumatism and cutaneous diseases; but the benefit derived from them is due not to the sulphur but to the perspiration and increased action of the skin induced by the elevated temperature. Sulphur has no anti-rheumatic properties, and the Turkish Bath is much more effectual in such cases than is the sulphur bath.

Mercurial and other medicated baths are quite popular with the medical profession in certain specific constitutional diseases. Of these Prof. Dunlop of Belfast, Ireland, says, "The medical profession have long labored under a delusion on the subject of medicated baths; they have thought it was in their power to impregnate the body at will with the drugs used in the bath, whereas in most instances the drug used never enters the body at all, and in every case where benefit is derived from such form of bath it is from the heat and perspiration and not from the medication."

Dr. Hutton said in a lecture to his medical brethren, "How is it, gentlemen, that calomel or mercurial baths have been found to do so much good? It is simply the vapor bath acting beneficially on a malady that tends to get well of itself." A Turkish Bath, costing only one-fourth as much as a medicated bath, would do a much greater amount of good. We have seen many cases of constitutional disease rapidly improved by the Turkish Bath.

The wet sheet pack, the "sheet anchor" of the water-cure practice, though productive of good when properly used, is far inferior to the Turkish Bath. The position of the bather is very uncomfortable, the skin is excluded from the air, the impurities worked out are wrapped closely about the body, irritating the skin, and perspiration, if induced at all, is very limited.

The poisons brought out when wet compresses and bandages are constantly worn, irritate the skin, producing a rash or eruption, while in the Turkish Bath these poisons are not allowed to remain upon the surface of the body but are immediately removed, thus rendering the skin tougher, firmer, smoother, and healthier.

In the common full or half bath every part of the body is washed in the same water, and the surface alone is cleansed, while in the Turkish Bath the water, constantly flowing, is fresh and clean during the entire process, and the whole blood is made purer and better.

An equal distribution of blood to every part of the body, is essential to health. If there is too much blood at any point congestion, inflammation, and disease result. There is always more or less concentration of blood in local inflammations such as pleurisy, pneumonia, gastritis, etc., and the best remedy is whatever will distribute the blood most equally through the body. A primary object of all baths is to equalize the circulation and in the Turkish Bath this end is inevitably accomplished.

WHO SHOULD TAKE THE TURKISH BATH, WHY, WHEN, HOW, AND WHERE.—Well people should take it! Why? In order to keep well. One or two baths a week will save many times their cost in drugs and doctor's fees. By means of them the body is made purer and healthier and the mind stronger, nobler, and happier. The bath

removes ugliness and increases beauty. It takes away the marks of care and anxiety and gives freshness to the countenance, and buoyancy to the spirit. It makes one who is tired and worn with mental or physical labor feel rested, refreshed, and invigorated. It increases the freshness and loveliness of the gentler sex more than can all the cosmetics in the world. It will make those who are cross, fretful, and peevish, more amiable and agreeable. It overcomes an appetite for stimulants, tobacco, and opium, quicker and more effectually than can be done in any other way. It tends to make men more moral and virtuous by subduing morbid desires and cravings, and securing for them thorough cleanliness which is next to godliness. It establishes a more natural appetite, more complete digestion, purer secretions, more perfect assimilation, more complete nutrition, and thus makes a man feel purer, freer, and happier; and more than this, it makes him richer by keeping him in health, thus saving the time and money otherwise spent in sickness, and for drugs and nostrums.

If every man, woman, and child, in this country, could take one good Turkish Bath each week it would be of inestimable value to the race. Persons of sedentary habits, merchants, bankers, lawyers, ministers, literary men, clerks, men of leisure, and gentlemen or ladies of wealth and ease, should take these baths every week as a means of preserving their health, increasing their wealth, and thus enhancing all the enjoyments of life.

Sick people should take the Bath, to get well. The majority of diseases are due to poisons retained in the blood by the obstructed action of the excretory organs, particularly the skin, and the safest and most effectual method of cure is to reestablish the action of the skin and work out these poisons by perspiration, by sham-

pooing, kneading, rubbing, and washing in the Turkish Bath. Every form of disease, whether due to impairment of function of excretory organs, to torpidity of any internal organ, to impurities, or to imperfect circulation, of the blood, to excess in eating or drinking, to the use of stimulants and narcotics, or to sedentary habits, is overcome, and the sufferer benefited by the Turkish Bath. Of the diseases which are most readily removed by this bath we will consider only a few.

GOUT AND RHEUMATISM.—The latest authorities state that gout and rheumatism are caused by the presence of lactic and uric acid in the blood, obstructing the circulation about the fibrous tissues of the joints and muscles, causing inflammation and pain. By referring to the analysis of perspiration it will be seen that the skin eliminates these poisons. It is generally by taking cold or in some other way obstructing the action of the skin that these diseases are brought on; and by thoroughly reëstablishing and exciting to action the function of this organ they can be cured.

Free perspiration will afford great relief, and this can be better secured by the Turkish Bath than by any and all other means. We have seen scores of acute cases cured in from two to eight days, and chronic cases by the thousand have been relieved by pursuing a thorough course. Two or three baths a day are often given to rheumatic patients, or the bath is continued several hours, the temperature being regulated by frequent washings, till relief is obtained. Patients crippled by this disease, and carried helpless into the bath, have been so relieved by one bath as to be able to walk out by themselves.

PARALYSIS.—The experiment of Foureault, in demonstrating that dogs and other animals sometimes become paralyzed by having the skin coated, is an evidence that a clogged skin may often be the cause of this disease in man; it follows, therefore, that one of the most effective curative agents for this difficulty is the Turkish Bath.

CHILLS AND FEVER.—This disease is caused by malarial poisons in the blood. These can be worked out through the skin in the perspiration induced by the Turkish Bath. A half dozen baths will sometimes break up very obstinate cases where all other means have failed.

DROPSY.—This disease is due to a collection of serum or fluid in the abdomen or other cavities of the body, or in the areolar tissue; it is caused by obstructed action of the liver, kidneys, heart, or other organs. This fluid can be easily removed in most cases by means of perspiration which flows so freely in the Turkish Bath.

DYSPEPSIA.—When due to mental taxation, anxiety, sedentary habits, gluttony, intemperance, sexual excesses, etc., dyspepsia is greatly benefited by the Turkish Bath. * The friction of the skin in shampooing draws the blood to the surface and thus relieves congestion of internal organs and excites the liver and bowels to better action; assimilation is thus improved, the blood is made purer, and a better quality of fluids is secreted by the digestive organs.

* See Author's work on DYSPEPSIA. Price, Paper 50 cts., Muslin \$1.00 Published and For Sale by MILLER, HAYNES & CO., No. 41 West Twenty-sixth Street, New York.

COLDS.—A sudden change of temperature, exposure, insufficient clothing, fatigue, and a variety of other circumstances, may arrest the action of the skin, cause the impurities of the body to be retained within, and drive the blood in upon the internal organs producing a disorder called a cold. The difficulty becomes local wherever there is most obstruction to the flow of blood. If in the bronchial tubes it may cause acute or chronic bronchitis; if in the chest, pneumonia, pleurisy, or consumption; if in the throat, croup, quinzy, diphtheria, etc.; if in any other organ, acute or chronic inflammation of that organ, or it may result in general fever.

It is evident, then, that the best way to cure a cold and prevent these diseases is to reëstablish the action of the skin and thus work off the accumulated poisons. The Turkish Bath will do this effectually. Sometimes one bath will “break up” the severest cold.

But some one says, “I once took a bath and caught a severe cold after it; how, then, can it cure a cold?” If this is true the bath was not properly taken. Erasmus Wilson says “The Turkish Bath cannot give a cold”, and our experience with the Bath is similar.

T. Spencer Wells, an eminent English surgeon, says, “One of the most common objections to the Turkish Bath is the fear that the transition from a heated room to the open air may give cold. But a little experience proves this fear to be groundless. The skin of the face which we habitually leave uncovered and exposed to rapid alternations of heat and cold, receives no unpleasant impression from a current of cold air after leaving a hot room. But the rest of the body, covered up from the light and air, and unnaturally heated by clothing, loses its natural power of supporting changes of temperature and becomes abnormally sensitive. The Turkish Bath tends to restore the normal condition of the

skin and fortifies it against all changes. When the body is thoroughly heated it is enabled to resist cold."

The attendants, who often pass from the hot rooms immediately into the cool air, never take cold.

BRONCHITIS.—This is an inflammation of the air passage characterized by hoarseness, cough, and heat or soreness of the chest, and is generally occasioned by colds. Free perspiration, friction of the chest, and rubbing of the whole body, drawing the blood to the surface and eliminating the disturbing matters by the Turkish Bath, will effectually remove the disease.

DISEASE OF THE LIVER.—Persons with torpid liver must have active skins or disease is the result. The liver filters from the blood certain carbonaceous materials which are thrown out of the body through the bowels. When the liver is torpid these substances accumulate in the blood, and, unless eliminated by some other organ, they inevitably cause disease. If the skin is active it will, in a measure, accomplish this work, and the Turkish Bath not only renders the skin active, but the rubbings and manipulations in the region of the liver, which form a part of the process, will almost invariably restore the liver also to healthy action.

KIDNEY DISEASE.—It is a well known fact that the kidneys are more active in cool than in warm weather. The reason is that during the summer the skin is more active, perspiration is more free, and the waste fluids are thus carried out; while, in a cool atmosphere the skin is less active and the kidneys are necessitated to perform more labor. Thus it is seen that these two organs naturally aid each other in the work of excretion, and if one becomes diseased, extra action should

be excited in the other. The best remedy for diabetes, chronic Bright's disease, or chronic inflammation of the kidneys, is to establish and maintain a vigorous, healthy action of the skin. By this means the blood is purified, and, being drawn away from the kidneys, the congestion of these organs is removed; they are also relieved from undue labor, and, as a consequence, soon resume their normal condition.

DISEASE OF HEART AND LUNGS.—While in Europe in 1869, the Author visited about eighty Institutions where the Turkish Bath was in use, and bathers as well as proprietors were unanimous in their testimony of its value in diseases of the heart and lungs. Dr. Richard Barter of Dublin, Erasmus Wilson of London, T. Spencer Wells, and other eminent physicians of England, say that consumption can be cured by this Bath, and heart disease, greatly relieved. Consumption is scarcely known in Constantinople where the Turkish Bath is in general use. The benefits which consumptives derive by a residence during the winter in Florida, Italy, France, Madeira, or other warm climates, is due to the free action of the skin, which such climate favors.

In the Turkish Bath we have a warm climate at home. Dr. Burgess, an eminent Scotch physician, says, "the curative effects of climate in consumption are not produced through the lungs, but through the skin, by opening the pores and promoting a better aëration of the blood."

INTOXICATION.—Alcoholic stimulants are worked out of the body very quickly by the Turkish Bath. A single bath has made many a drunken man, sober. Circulation becomes active at the surface and every pore becomes a spring, while every drop of perspiration is

freighted with alcohol which is perceptible both to the smell and taste. Inebriate asylums would find the Turkish Bath a valuable auxiliary in their endeavors to reform inebriates.

It is equally efficacious in overcoming the desire for tobacco and opium. A prominent physician of New York City, who had made several unsuccessful attempts to free himself from a nine years devotion to opium, had his morbid craving subdued in a few days by the use of this Bath. It relieves the cravings which lead to these indulgences. It purifies the whole man and with the purification it establishes a self-respect with which slavishness and intoxication are incompatible.

INSANITY.—The Turkish Bath has been introduced into the Cork Lunatic Asylum, and Dr. Panees, the resident physician, stated that in the first year of its use the cures had increased from fifty-nine to seventy-six per cent.—more than double the cures in any asylum in England. Before the introduction of the Bath the deaths were forty-one per cent.; since its use only twenty-four per cent. The patients were pleased with the bath, and acquired by its use the ruddy glow of health in place of the sickly hue of invalidism. The offensive odor arising from the skin of the insane is soon removed by this Bath.

After three months use of it, seventeen patients were perfectly cured so as to be discharged, and these had been some time in the asylum, having been classed among the incurables.

OPINIONS OF EMINENT MEN.—David Urquhart in his "Pillars of Hercules," says, "Where the Bath is the practice of the people there are no diseases of the skin; all causes of inflammation are subdued; gout, rhuma-

tism, sciatica, or stone, cannot exist where it is consecutively and sedulously employed as a curative means. As to consumption, that scourge of England, that pallid spectre which sits by every tenth domestic hearth among the highest, it is not only unknown where the Bath is practiced, but is curable by its use."

The following extract, from the Report of the House Surgeon of the Newcastle-on-Tyne Infirmary, where twelve thousand patients are annually treated, shows how the Turkish Bath is appreciated after two years experience in its use.

"Another year's experience has confirmed me in the opinion expressed in my last report as to its great value in cases of rheumatism, dropsy, skin disease, catarrh, influenza, ague, chronic bronchitis, and affections of old people attended by dry condition of the mucous membrane, and also of pleurisy in the chest."

Erasmus Wilson says, "In the Bath we learn to distinguish by the eye and by the touch, the weak and the strong, the healthy and the unhealthy skin. We find the former pale, soft, flabby, wrinkled, and morbidly sensitive, while the latter is pink, hard, firm, elastic, smooth, and clear; the Bath has the property of hardening and fortifying the skin so as to render it almost insusceptible to the influence of cold." He further says, "We do not ask ourselves what diseases can be cured by the Turkish Bath, but what diseases can resist its power to cure.

T. Spencer Wells, Professor of surgery in Grosvenor Street School of Medicine, stated in a lecture to his medical class, that he had "treated with great success by the Turkish Bath, cases of gout, rheumatism, neuralgia, affections of the kidneys, dropsy, paralysis of the lower limbs, skin disease, etc.," and he particularly recommends it as a promoter of health and a preventive of disease.

Dr. Osborn says, "Out of thirty-six cases of Bright's disease which I have treated, thirty-two arose from suppressed perspiration," and Dr. Christison, in his treatise on that disease, says that most of his patients attribute their malady to this cause, and that more were relieved by inducing perspiration than by any thing else.

Sir Benjamin Brodie remarks that "The hot-air baths are of great use in dyspeptic and gouty habits, and for those who lead inactive lives."

Dr. J. Armstrong of London states that "The fatigue from hot-water baths is frequently fatal; the Hot-air Bath does not fatigue; it will bring pounds of blood to the surface which was suffocating some internal organ; it will balance the circulation sooner than any other means I know; the patient is raised as by the touch of a magic wand, from weakness to strength."

Dr. Richard Barter who constructed the first Turkish Bath in Great Britain and who has probably had a larger experience in their use than any other man this side of Constantinople, says, in regard to the baths being weakening, "The feebler the patient, the oftener I send him to the bath."

MANNER OF TAKING THE BATH.—This should depend entirely upon the condition of the bather. Different temperaments, diseases, and conditions, necessitate modifications as to the manipulations. This is especially the case until bathers become accustomed to the *processes* and learn how to relate themselves to the Bath. New bathers should be carefully watched by the attendants. The condition may be such that during the first bath perspiration will scarcely be induced at all. Some should remain in the hot rooms but a few moments, others, quite a length of time; with some the shampooing should take place in the hot rooms; quiet and

passiveness, especially in nervous temperaments, conduce to the benefit received from the bath.

The curiosity as to what is coming, and the dread lest it shall not be agreeable, often counteract the good effects of the first bath, and for this reason no one should condemn the Bath without repeated trial. In cases of torpid liver the first few baths sometimes occasion very unpleasant sensations;—this is evidence of their efficacy, however, and subsequent baths entirely relieve and remove all bad feelings. The Bath may be taken at any time except immediately after a full meal. Early morning, two or three hours after meals, or just before retiring, is, perhaps, the best time.

As to WHERE the Bath should be taken, the Author, having himself projected and built the first Turkish Bath in this city, having watched its workings and noted its effects and defects, and having recently spent some months in Europe where he visited all the prominent Baths in Ireland, England, France, Italy, and Constantinople, feels justified in saying that in his own

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